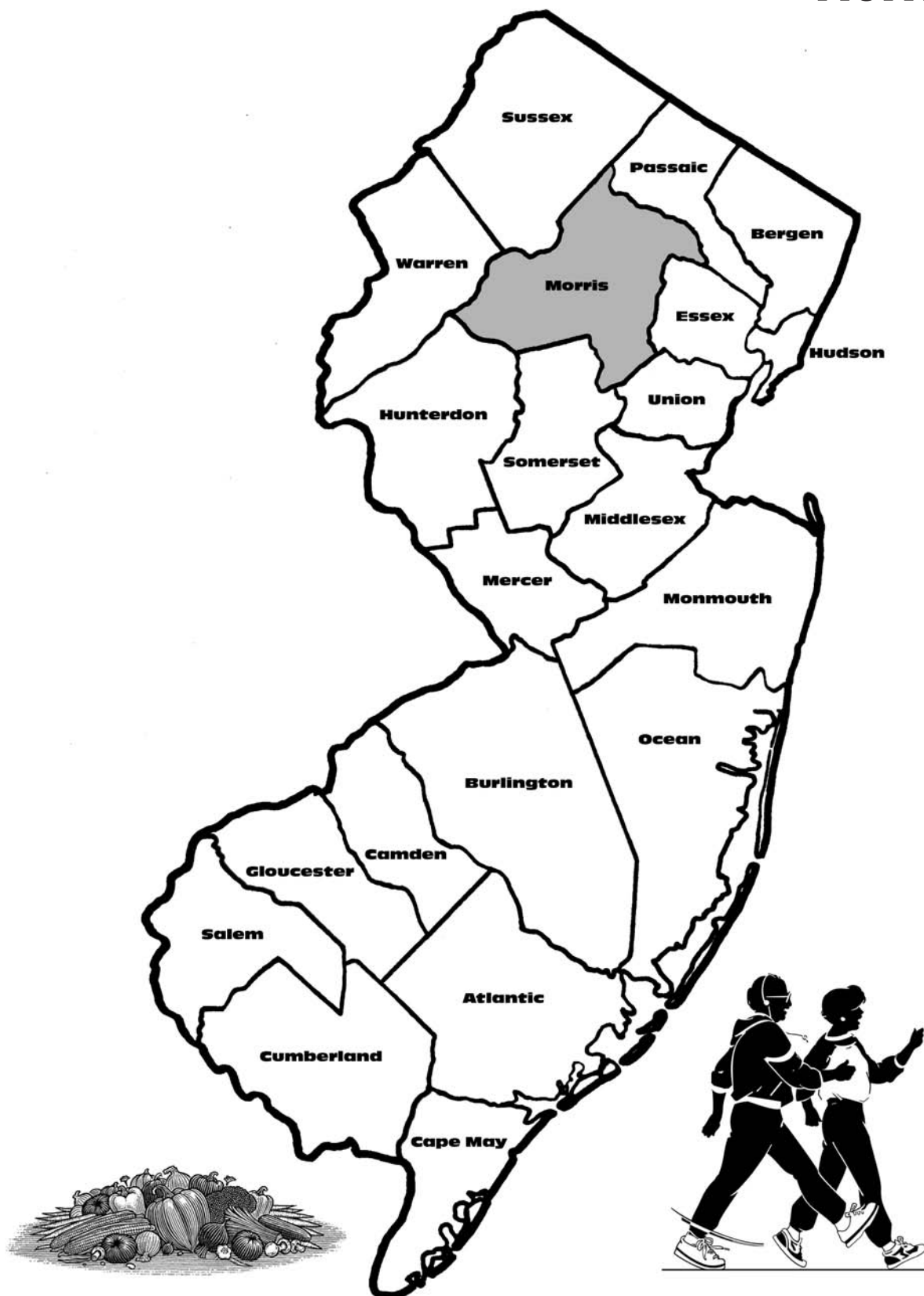










Morris County








MORRIS COUNTY Nutrition Programs

Program Name:	I Can Cope component on nutrition and National Cancer Survivor's Day
Agency/Institution:	Cancer Care at Saint Clare's
Address:	23 Pocono Rd., Denville, NJ 07834
County:	Morris
Phone:	973-625-6176
Focus:	Help patients understand better eating styles for self and families Promote healthy eating for survivorship
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding, grants
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors




Agency/Institution:	Saint Clare's Hospital
Address:	400 West Blackwell Street, Dover, NJ 07801
County:	Morris
Phone:	973-989-3421
Services:	   
Population served:	All ages
Funded by:	Own funding
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors



MORRIS COUNTY Nutrition Programs

Agency/Institution:	Montville Senior House
Address:	195 Changebridge Rd., Montville, NJ 07045
County:	Morris
Focus:	Promote healthy eating
Services:	  
Population served:	Seniors
Funded by:	Town
Fees & Charges:	\$1.00/meal





Program Name:	Inspire & New Vitality
Agency/Institution:	Chilton Memorial Hospital
Address:	97 West Parkway, Pompton Plains, NJ 07444
County:	Morris
Phone:	973-831-5475
Website:	www.chiltonmemorial.org
Focus:	Increase knowledge of healthy eating habits
Services:	 
Population served:	Children, adults, seniors
Funded by:	Own funding
Fees & Charges:	None




MORRIS COUNTY Nutrition Programs

Program Name:	Making Healthy Food Fun
Agency/Institution:	Pequannock Township Health Department
Address:	530 Newark-Pompton Turnpike, Pompton Plains, NJ 07444
County:	Morris
Phone:	973-835-5700
Focus:	Increase fruit and vegetable intake, educate children to make healthy food choices, and help parents understand appropriate portion sizes for their children for obesity prevention
Services:	  
Population served:	Children, adolescents, adults, families
Funded by:	Own funding
Fees & Charges:	None

Agency/Institution:	Zufall Health Center
Address:	17 S. Warren Street, Dover, NJ 07801
County:	Morris
Phone:	973-328-3344
Focus:	Promote healthy eating
Services:	 
Population served:	All ages
Funded by:	State, federal
Fees & Charges:	None
Other information:	Program provides information for cancer patients/survivors

MORRIS COUNTY Nutrition Programs

Program Name:	Mt. Olive Health Department
Agency/Institution:	Fit Kids Club-After school program
Address:	P.O. Box 450, Budd Lake, NJ 07828
County:	Morris
Phone:	973-691-0900
Focus:	Helping children make healthy food choices
Services:	   
Population served:	Children, families
Funded by:	Grants
Fees & Charges:	None





Program Name:	Project Healthy Bones
Agency/Institution:	Madison Health Department
Address:	28 Walnut Street, Madison, NJ 07940
County:	Morris
Phone:	973-593-3079 ext. 8
Focus:	Improve calcium, vitamin D intake, balance supplements
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding, grants, state, participant donations for materials
Fees & Charges:	Yes
Other information:	Call for information on current available programs






MORRIS COUNTY Nutrition Programs

Agency/Institution:	Morris Area Wellness Partnership
Address:	95 Madison Ave., Suite B-02, Morristown, NJ 07960
County:	Morris
Phone:	973-971-7030
Website:	www.EatSmartMoveMore.org
Focus:	Promote healthy lifestyles through healthy eating and regular physical activity
Population served:	Children and their families
Funded by:	Volunteer organization
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





MORRIS COUNTY Physical Activity Programs




Program Name:	Yoga and the “I Can Cope” series
Agency/Institution:	Cancer Care at Saint Clare's
Address:	23 Pocono Rd., Denville, NJ 07834
County:	Morris
Phone:	973-625-6176
Focus:	Promote a more relaxed, healthy lifestyle
Services:	   
Population served:	Seniors
Funded by:	Own funding, grants
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors

Program Name:	Rockaway Townsquare Walkers, Fit Kids & Families, Yoga for Beginners, Pre-Natal Yoga, Gentle Yoga
Agency/Institution:	Saint Clare's Hospital
Address:	400 West Blackwell Street, Dover, NJ 07801
County:	Morris
Phone:	973-989-3421
Focus:	Promote an active lifestyle, physical fitness and appropriate body weight to support healthier communities
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors




Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





MORRIS COUNTY Physical Activity Programs

Agency/Institution:	Montville Senior House
Address:	195 Changebridge Road, Montville, NJ 07045
County:	Morris
Phone:	973-263-3310
Focus:	Promote an active lifestyle
Services:	   
Population served:	Seniors
Funded by:	Town
Fees & Charges:	Yes
Other information:	We offer Tai Chi, Yoga, Line Dancing, Square Dancing, Aerobic Exercise, and PACE Arthritis Exercise




Program Name:	Youth Fitness and Conditioning
Agency/Institution:	West Morris Area YMCA
Address:	14 Dover-Chester Road, Randolph, NJ 07869
County:	Morris
Phone:	973-366-1120
Website:	www.wmaymca.com
Focus:	Promote an active and healthy lifestyle for the kids and teach them to use the fitness equipment properly
Services:	  
Population served:	Children
Funded by:	Own funding
Fees & Charges:	None





MORRIS COUNTY Physical Activity Programs

Program Name:	Inspire & New Vitality & Community Health
Agency/Institution:	Chilton Memorial Hospital
Address:	97 West Parkway, Pompton Plains, NJ 07444
County:	Morris
Phone:	973-831-5475
Website:	www.chiltonmemorial.org
Focus:	To promote and maintain a healthy lifestyle for community members
Services:	  
Population served:	Children, adults, seniors
Funded by:	Own funding
Fees & Charges:	Yes

Program Name:	Move Today
Agency/Institution:	Madison Health Department
Address:	28 Walnut Street, Madison, NJ 07940
County:	Morris
Phone:	973-593-3079 ext. 8
Focus:	Increase strength, balance and flexibility for at-risk seniors
Services:	   
Population served:	Seniors
Funded by:	Own funding, grants, state, participant donations
Fees & Charges:	Yes
Other information:	Call for information on current available programs

MORRIS COUNTY Physical Activity Programs

Program Name:	Rose City Steppers
Agency/Institution:	Madison Health Department
Address:	28 Walnut Street, Madison, NJ 07940
County:	Morris
Phone:	973-593-3079 ext. 8
Focus:	Increase physical activity level of participants
Services:	  
Population served:	Adults, seniors
Funded by:	Own funding, participant membership donation
Fees & Charges:	Yes
Other information:	Call for information on current available programs

Program Name:	Project Healthy Bones
Agency/Institution:	Madison Health Department
Address:	28 Walnut Street, Madison, NJ 07940
County:	Morris
Phone:	973-593-3079 ext. 8
Focus:	Maintain/improve bone health
Services:	   
Population served:	Adults, seniors
Funded by:	Own funding, grants, state, participant donation for materials
Fees & Charges:	Yes
Other information:	Call for information on current available programs

MORRIS COUNTY Physical Activity Programs

Agency/Institution:	Morris Area Wellness Partnership
Address:	95 Madison Ave., Suite B-02, Morristown, NJ 07960
County:	Morris
Phone:	973-971-7030
Website:	www.EatSmartMoveMore.org
Focus:	Promote healthy lifestyles through healthy eating and regular physical activity
Population served:	Children and their families
Funded by:	Volunteer Organization
Fees & Charges:	None

Program Name:	Active for Life
Agency/Institution:	American Cancer Society
Address:	669 Littleton Road, Parsippany, NJ 07054
County:	Morris
Phone:	1-800-227-2345
Website:	www.cancer.org
Focus:	Promote a physically active lifestyle
Population served:	Adults, work-site employees
Funded by:	Own funding, contributions
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors